



local. organic. fresh

Fresh Paleo Menu Week of April 22, 2024

Foodsmith Paleo meals are the healthiest and most creative Paleo meals you can buy. Our Paleo meals are always gluten free and dairy free, as well as free of soy, all grains (like rice, or quinoa), all legumes (like beans or lentils), and are low carb and low glycemic, made with lean clean poultry, sustainable seafood and hormone and antibiotic free responsibly raised meats, truly healthy fats and the freshest organic produce direct from local farms.

Breakfast:

Breakfast 1: Country Breakfast Skillet- House made lean Diestel turkey sausage crumbles, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, with scrambled egg/egg white blend and mild enchilada sauce (340 cal- Regular, 430 cal- Large) Allergens: Eggs

Breakfast 2: Spring Chicken Zucchini Strata- Fresh zucchini noodles, slow simmered crockpot chicken, in an egg/egg white strata with roasted peppers and spring onions, local asparagus, fresh herbs, and roasted yams (360 cal- Regular, 450 cal- Large) Allergens: Eggs

Breakfast 3: Beefy Breakfast Burrito Bowl- Grass fed chili beef with fajita peppers, sweet potatoes, cabbage, roasted zucchini, scrambled egg/egg white blend and pico de gallo (360 cal- Regular, 440 cal- Large) Allergens: Eggs, Beef, Cilantro

Breakfast 4- Foodsmith B.L.A.S.T. Omelet- Pastured nitrate free bacon, leek, asparagus, spinach and tomato egg/egg white omelet, with a side of roasted yams (340 cal Regular, 420 cal- Large) Allergens: Eggs, Pork

Breakfast 5- Paleo Breakfast Pigs in a Blanket- Aidell's chicken apple sausage links, baked in a Paleo grain free maple kissed breakfast dough with spinach, caramelized onions, roasted tomatoes, and spinach (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Erika's Smoked Salmon "Fritters"- Foodsmith house smoked Mt. Cook King Salmon, on Paleo baked plantain "fritters", with Bloomsdale spinach, fresh tomato, and cucumber and avocado aioli on the side (340 cal- Regular, 430 cal- Large) Allergens: Eggs, Seafood

Lunch:

Lunch 1- Taj Mahal Madras Chicken- Tandoori roasted chicken in a mildly spicy tomato coconut curry, aromatic cauliflower rice pilaf, curry roasted summer squash, Bloomsdale spinach, and fresh cilantro (360 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro)

Lunch 2- Nashville Hot Chicken Chili- Nashville style spiced red chicken and veggie chili, with spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

Lunch 3- Slow Coast Strawberry Chicken Salad- Roasted chicken breast, Coke Farm's snap peas, radishes, asparagus, fennel, Savoy spinach, Happy Boy mixed greens, strawberries, almonds and Meyer Lemon Green Goddess dressing (350 cal- Regular, 430 cal- Large) Allergens: Tree Nuts

Lunch 4- Crazy Joe's Nasi Goreng- Smart Chicken and turkey sausage stir fried with broccoli, cabbage, pineapples, carrots, tamari, snow peas, and cauliflower rice with scallion and cilantro (350 cal-

Regular, 440 cal- Large) Allergens: Raw Onions, Cilantro

Lunch 5- Chicken Salad “Milanese”- Grain free almond and herb crusted Mary’s chicken breast, baby greens and arugula, tomatoes, cucumbers, local asparagus, radishes, and Foodsmith lemon Dijon dressing (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts, Eggs

Lunch 6- Sambal Shrimp Caesar Salad- Spiced white shrimp, organic salad mix, cucumbers, hard boiled egg, pickled Spring onion, roasted zucchini, radishes and spicy Paleo Sambal caesar dressing (350 cal- Regular, 440 cal- Large) Allergens: Shellfish, Seafood

Dinner:

Dinner 1- Kung Pao Chicken- Ginger garlic stir fried Mary's chicken thighs with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy Paleo Kung Pao sauce, cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Tree Nuts

Dinner 2- Moroccan Chicken Tagine- Sweet spiced chicken tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: None

Dinner 3- Tandoori Snapper Vindaloo- Tandoori spiced local line caught snapper, sweet spiced zucchini, cauliflower over Biryani “rice”, creamy cauliflower vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Seafood, Tree Nuts

Dinner 4- Puerto Rican Pastelon- Boricua style lasagna with layers of plantain and cauliflower “bread”, picadillo style Deistel ground turkey and asparagus, with butternut and tomato, and topped with cilantro and lime (370 cal- Reg, 450 cal- Large) Allergens: Eggs, Tree Nuts, Cilantro

Dinner 5- Tom Kha Gai- traditional yellow Spring coconut and cauliflower curry with snap peas, sweet peppers and carrots, zucchini and butternut in a Paleo cinnamon ginger spiced creamy coconut curry sauce (370 cal- Reg, 460 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Dinner 6- Brunswick Stew- Dairy free creamy South Georgia style slow braised stew with grass fed beef, pastured pork and chicken sausage with Happy Boy Farm’s winter squash, greens and Coke Farm’s brussels sprouts and fresh parsley (380 cal- Reg, 470 cal- Large) Allergens: Beef, Pork